



BBQ Chicken Pizza

with Pepper, Onion and Rocket



HELLO CHEESE

It takes around 9 pints of milk to make one pound of cheese.



Diced Chicken Thigh



Red Onion



Green Pepper



Mozzarella



Plain White Pizza Base



BBQ Sauce



Rocket

MEAL BAG

20 mins

2 of your
5 a day

Little heat

Cook within 2
Days of Delivery

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Frying Pan**, **Large Baking Tray** and **Mixing Bowl**. Now, let's get cooking!



1 FRY THE CHICKEN

Preheat your oven to 200°C. Heat a drizzle of **oil** in a frying pan on high heat. When hot, add the **chicken** and stir-fry until golden all over, 4-5 mins. Season with **salt** and **pepper** then remove the pan from the heat.

! IMPORTANT: The chicken is cooked when it is no longer pink in the middle.



2 PREP

Meanwhile, halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Drain the **mozzarella** and tear into small pieces.



3 ASSEMBLE THE PIZZA

Put the **pizza base** on a large baking tray. Use the back of a spoon to spread the **BBQ sauce** evenly all over the base, then arrange the **chicken**, **onion** and **pepper** on top. Scatter over the **mozzarella** evenly.



4 BAKE!

Pop the **pizza** on the top shelf of your oven to bake until the **cheese** is melted and bubbly and the base is crisp, 10-15 mins.



5 FINISH UP

While the **pizza** is in the oven, pop the **rocket** in a mixing bowl and toss together with a drizzle of **olive oil** and a pinch of **salt** and **pepper**.



6 SERVE

Serve the **pizza** with a handful of **rocket** on top. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Diced Chicken Thigh	140g	210g	280g
Red Onion	1	1	2
Green Pepper	1	2	2
Mozzarella 7)	1 ball	1½ balls	2 balls
Plain White Pizza Base 13)	1	2	2
BBQ Sauce 13)	1 sachet	1½ sachets	2 sachets
Rocket	1 bag	1½ bags	2 bags

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 431G	PER 100G
Energy (kcal)	678	157
(kJ)	2835	658
Fat (g)	25	6
Sat. Fat (g)	11	3
Carbohydrate (g)	69	16
Sugars (g)	12	3
Protein (g)	45	10
Salt (g)	4.15	0.96

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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